

## Anti-Bullying Advice.

It may surprise you to know that many, very successful adults were bullied when they were young and these include:

Sportsmen—David Beckham (footballer), Frank Bruno (boxer) and Duncan Goodhew (Olympic swimmer).

Actors—Harrison Ford, Mel Gibson, Daryl Hannah, Tom Cruise and Michelle Pfeiffer.

Singers—Victoria Beckham and Phil Collins

DJ and TV Presenter, Janice Long and Amanda Ross.

TV Presenter and Industrialist, Sir John Harvey Jones and Polar explorer, Ranulph Fiennes.

For some of these people, the bullying went on for years; for others it was less frequent. All of them agree that bullying is wrong and must be stopped.

All these famous people who were bullied were 'different' - they turned out to be more talented and successful than any of the people who bullied them!

Poynton High School and Performing Arts College.



## POYNTON HIGH SCHOOL and Performing Arts College



## ANTI-BULLYING ADVICE



**DON'T BE A BULLY OR A VICTIM OF  
BULLYING**

*Poynton High School and Performing Arts College will not tolerate bullying.*

If you are concerned about being bullied, you know someone who you think is being bullied or you are concerned about your behaviour towards others there are lots of people you can talk to.

### In school who can you talk to?

The sixth form 1:1 peer support in room 6 every lunchtime

Form Tutor

Year Leader

Pastoral Leaders

School Medical Care Co-ordinator - Mrs Warburton

School Nurse - Mrs Lowes

Director of Student Welfare - Miss Holyland

Any teacher/support staff you feel comfortable talking to

### Who should Parents contact?

If you have any concerns about your child, in the first instance you should contact your child's Form Tutor or Pastoral/Year Leader. (Please see Year pages for contact names)

# NO ONE DESERVES TO BE BULLIED

## Introduction.

Nearly everyone is bullied at some time in their lives. If you are the victim of bullying, you will probably feel scared, vulnerable and alone.

Bullies need victims. A bully will always find something about a person to focus on: wearing glasses, having 'big ears', being in a wheelchair, being good at exams, or too small and shy, too fat, too thin, too attractive, too intelligent, too creative, or being the 'wrong' colour or wearing the 'wrong' clothes.

Bullies use 'differences' as an excuse for their behaviour but it isn't the 'difference' in the victim which causes the problem—it's the bullies who have the problem.

## What Can I Do If I'm Being Bullied?

Tell someone—If you don't, nothing will change and you are letting the bully win. Talk to an adult you trust.

Ignore them—try to ignore the bullying and walk away. It is hard for a bully to bully someone who won't stand still to listen to them.

Hide your emotions—bullies love to get a reaction so don't give them the satisfaction of seeing you upset or angry.

Don't fight back—you could make the situation worse, get hurt or be blamed for starting the trouble.

Make a joke of it—think up some funny or clever replies to give in response to taunts or threats and practice them at home.

Ask the bully to repeat what they said- this can often takes the wind out of their sails and gives you some control of the situation. A threat or taunt repeated loses its initial power.

Safety in numbers—stick with a group, even if they are not your friends. Bullies tend to pick on people when they are alone.

Get smart—avoid the places where you know the bully is likely to pick on you. It's not fair that you should have to do this but it might just put the bully off.

Walk tall—if you look positive and confident, the bully will find it much harder to identify you as a target. If you don't feel it, just pretend you do!

Sign up for a self-defence class— not so that you can fight back but to give you extra confidence.

Keep a diary—log all incidents of bullying including time, place and exactly what is said.

## What Can I Do If I'm a Bully?

Tell someone— if you don't get the help and support you need, nothing will change and you will go through life being a bully.

Think about your actions—why are you behaving in this way and what consequences could your behaviour have on the person you are bullying and on yourself?

Change your ways—once you understand the reasons why you bully, you can begin to see how you can change your behaviour.

Get some real friends—nobody really likes bullies. You may be able to frighten people into being nice to you but you will always be unpopular. If you break the bullying habit, you will find it much easier to find real friends.

Remember it is you who has the problem, not the person or people you are bullying.

If you are with people who are bullying and not doing anything to stop them, you are as much to blame as they are, even if you are not actually doing the bullying.

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